

# Letter From The Publisher



Rachel Payne  
Publisher, SMG

**A**s I was putting together the magazine this year, the interviews, the inspirational stories and even the contributing editors all had one overriding theme — GRATITUDE. I can't help but think how impactful the sport of bodybuilding has had on all of us, whether we realize it or not. From each of us coming together as a bodybuilding family, reuniting at each show, creating memories and sharing our passion to inspiring others to live a healthy lifestyle, I know I am grateful to know and share a relationship with everyone this sport has put in my life. If you have not yet become a part of this family, I invite you to come to an event, see what it's all about and join our family.

From the shows to the health and wellness expos across the southeast, there is something for everyone at the events and businesses that support this sport. Our cover feature article on 5X Ms. Figure Olympia Cydney Gillon and 3X Ms. Bikini Olympia Ashley Kaltwasser's travel article both exclaim all that fitness and the IFBB and NPC has provided for them while the Liquid Sun Rayz Inspirational Stories showcase ordinary individuals who have changed their lives and used bodybuilding as motivation to get the results they desire and even make bucket list goals come true. Our new Living Fit section follows Aimee Parscale and her personal journey along with one of her clients as they each began their journey just wanting to feel better and following them to life changing results. You can get monthly tips and tricks from our new SMG presents the Living Fit monthly digital newsletter plus stay in the know with workshops, show info and more! If you're not on our email list, go to [southernmuscleguide.com](http://southernmuscleguide.com) to subscribe.

Keep it real with the BeautyFit corner and kind but tough love from Jimmy Mentis as he shares his tips for being the best. Just remember, being the best starts with being your best and is different for each person. IFBB Pro Judge, NPC Head Judge and Vice Chair of the Carolina NPC, MarieAnn "Mo" Newman has some real tips to help make your experience on stage the best it can be. Train like a pro by trying out the shoulder workout IFBB Figure Pro Jessica Padilla shares in our Workout section. Taking their passion beyond the stage, there are so many businesses that have begun with people who were first competitors. Making their mark as successful business owners through their passion turned career, is another example of how grateful these business owners are and how connected to the sport they continue to be. We've all heard how results are made in the kitchen and now is your chance to share your best recipe for a chance to win our SMG presents our first Date Night Dinner Healthy Recipe contest.

From transformations to competitors to national and professional status, a healthy lifestyle offers something for everyone and for that we can all be grateful. Set your goals for the season and make your plans to see your bodybuilding family in 2022 knowing your family is here to help you, encourage you and support you in your journey.

A handwritten signature in black ink that reads "Rachel Payne". The signature is fluid and cursive, written in a professional style.